

REZ RECYCLER

PRAIRIE BAND POTAWATOMI NATION DIVISION OF PLANNING & ENVIRONMENTAL PROTECTION

Environmental Heroes

The Division of Planning and Environmental Protection recognizes the newly-formed PBNP Youth Environmental Council as "Environmental Heroes". The Council is comprised of Reservation youth dedicated to conserving and protecting the environment, and instilling environmental stewardship amongst all youth. They worked very hard to organize and conduct the first ever Youth Environmental Council Summit during this year's Earth Day Celebration. The summit was a success, as the youth delegates presented their research and opinions on both local and global environmental issues. Audience members posed questions to



From left to right: Lakota Knoxsah, Whap LeClere, Pami Hubbard, Sierra Pahmahmie & Tiana Thompson

the delegates and each presented extremely thoughtful, honest, and inspiring responses.

We are extremely excited to have the opportunity to work with such a motivated group of young people. They are providing a voice from the next generation that will positively impact the decisions made by community leaders, parents, teachers, and all decision-makers. We will continue working with them on several up-

coming projects. One project in particular, will focus on their recommendation for community service implementation in order to combat roadside littering.

Youth Environmental Council

- Mittina Hale
- Pami Hubbard
- Lakota Knoxsah
- Wahp LeClere
- Sierra Pahmahmie
- Kwaki Spoonhunter
- Tiana Thompson
- Hannah Wahwassuck

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Record numbers of participants showed up to the 11th Annual Earth Day Celebration this year. A total of 160 participants were signed up, out of those 65 were in the 0-10 y/o age group; 24 were 11-17 y/o; 42 fell into the 18-39 y/o; and 29 were in the 40+ age groups. Thanks to each and every one of you for helping to make this year's Earth Day Celebration a wonderful day, and a huge success.



Thanks to Eldon who provided the lovely meal for the Roadside Clean up volunteers to enjoy after the clean up.

The Division would like to thank all the volunteers who participated in this years Earth Day Roadside Clean Up. Thanks to all of our volunteers, a total of **21 miles** of the reservation roads were cleaned and **980 pounds** of trash was removed from our community roads.



Summer Ozone

What is ozone? Ozone is both good and bad. It is "good" when located in the upper atmosphere, as it protects us from harmful UV rays. Unfortunately it is considered to be harmful pollution when located near the earth's surface. Ozone is triggered by a chemical reaction between the sunlight and both nitrogen oxides and volatile organic compounds. (Nitrogen oxides and volatile organic compounds are commonly emitted from power plants, vehicles, and many other sources). Because sunlight intensifies during the summer, ozone is at peak levels during this time of year.

Who is at risk? Adults with respiratory issues and children are most at risk. Children have

developing lungs and tend to spend more time outdoors during the summer. Children also seem to be affected heavily by asthma. Adults with respiratory illnesses are also at risk. Both at-risk populations should limit their outdoor activity to early morning or evening times. They should also seek medical guidance when necessary.

What can I do to reduce ozone?

Refuel in the evening to keep ozone-forming vapors out of the air during the heat of the day.

• Hold off using gas-powered lawn equipment until evening. Use manual or electric yard and garden tools.



• If you use a charcoal barbecue, start it with an electric probe instead of lighter fluid.

• Reduce car trips by combining errands. Walk bicycle or ride the bus once a week, instead of driving alone.

Information provided by:
www.spokanecleanair.org

11th Annual Earth Day Celebration Awards/Participants

Nĕbanamĕn Kokmiskinan (WE LOVE GRANDMOTHER EARTH)

3 Mile Fun Run

<u>0-10 y/o</u>	<u>Award</u>	<u>Time</u>	<u>Name</u>
Male:	1st place	46:22	Komesh Spoonhunter
	2nd place	48:05	Josh Marshno
<u>11-17 y/o</u>	<u>Award</u>	<u>Time</u>	<u>Name</u>
Female:	1st place	38:10	Sierra Pahmahmie
Male:	1st place	26:08	Rory Lange
	2nd place	28:25	Wahp LeClere
	3rd place	32:08	Trent Blalock
<u>18-39 y/o</u>	<u>Award</u>	<u>Time</u>	<u>Name</u>
Female:	1st place	32:03	Lorrie Wahwassuck
Male:	1st place	23:15	Billy Jim
	2nd place	26:48	Joseph Thompson
	3rd place	33:24	Raphael Wahwassuck
Participation:			Deebs Randall Saotep Spoonhunter
OVERALL FEMALE: LORRIE WAHWASSUCK			
OVERALL MALE: BILLY JIM			

3 Mile Bike Ride

<u>0-10 y/o</u>	<u>Award</u>	<u>Time</u>	<u>Name</u>
Female:	1st place	17:20	Shobwas Hubbard
	2nd place	21:54	Jordan Thomas
Male:	1st place	20:07	Mikal Kitchkemie
	2nd place	20:11	Komesh Spoonhunter
	3rd place	24:34	Angel Navarro
<u>11-17 y/o</u>	<u>Award</u>	<u>Time</u>	<u>Name</u>
Female:	1st place	18:22	Kerrigan Koan
	2nd place	24:27	Mittina Hale
Male:	1st place	12:07	Rory Lange
	2nd place	15:31	Kwaki Spoonhunter
	3rd place	16:10	Wahp LeClere
<u>18-39 y/o</u>	<u>Award</u>	<u>Time</u>	<u>Name</u>
Female:	1st place	21:41	Stephanie Jim
Male:	1st place	12:12	Rob Lange
	2nd place	13:31	Raphael Wahwassuck
	3rd place	15:59	Travis Wanna
<u>40+</u>	<u>Award</u>	<u>Time</u>	<u>Name</u>
Female:	1st place	29:08	Karen Daubon
Male:	1st place	14:23	Don Don LeClere
Participation:			Josh Marshno Saotep Spoonhunter
OVERALL FEMALE: SHOBWAS HUBBARD			
OVERALL MALE: RORY LANGE			

Soap Box Derby

1st place	Rory Lange
2nd place	Bemwetek & Shobwas Hubbard
Participation:	Isaac Hale, Felicity Wishkeno

1 1/2 Mile Predictors Walk

<u>0-10 y/o</u>	<u>Award</u>	<u>Time Diff.</u>	<u>Name</u>
Female:	1st place	1:03	Norma Wahwassuck
	2nd place	1:26	Katie Quintana
	3rd place	1:54	Kishno Bell
Male:	1st place	1:02	Pat koshuk Mitchell
	2nd place	1:12	Mando Tinajero
	3rd place	2:01	Mikal Kitchkemie
<u>11-17 y/o</u>	<u>Award</u>	<u>Time Diff.</u>	<u>Name</u>
Female:	1st place	:08	Elizabeth Gaona
	2nd place	:10	Nezat Mahkuk
	3rd place	1:17	Nes Hubbard
Male:	1st place	:09	Trent Blalock
	2nd place	1:27	Taryn Blalock
	3rd place	5:10	Eugene Masquat
<u>18-39 y/o</u>	<u>Award</u>	<u>Time Diff.</u>	<u>Name</u>
Female:	1st place	:13	Corie Lange
	2nd place	:24	Kelly Mills
	3rd place	:28	Nikki Price
Male:	1st place	1:11	Billy Jim
	2nd place	1:28	Albert Murata
	3rd place	2:16	Steve Morgenstern
<u>40+</u>	<u>Award</u>	<u>Time Diff.</u>	<u>Name</u>
Female:	1st place	:39	Bernadette Lewis
	2nd place	1:00	Sandra Quintana
	3rd place	1:11	Brenda Nozhackum
Male:	1st place	1:00	Don Don LeClere
OVERALL FEMALE: ELIZABETH GAONA			
OVERALL MALE: TRENT BLALOCK			



PBP Health Center Pharmacy Medication Disposal Program

Recent studies have shown that medications that are disposed of by flushing into the sewage system are surviving treatment methods and are being reintroduced into our water bodies. In an effort to prevent this from occurring the PBP Health Center Pharmacy is offering to dispose of these medications for you at no cost.

What we do: Collect your unused, unneeded, or expired medications and dispose of them by a method that is safe to the environment by sending them to a hazardous waste processing facility.

Why this is important: This is a way to not only protect our environment but also as a method to prevent unintentional exposures to medications within your household and community.

To prepare our reservation for the 16th Annual Potawatomi Gathering we'll be conducting another Rez Roadside Clean Up on July 29th '09 from 9-11am. Community members please be aware and slow down on the 29th, while our volunteers will be cleaning trash along the roadways.

For more information contact: Erin Hubbard at 966-2946 or kumos@pbpnation.org

New Faces!



Left to right: Andrew Pahmahmie, Lionel Bell and Craig Wahwabsuck

We would like to introduce our new additions to the Division. The new members of the solid waste staff are: Andrew Pahmahmie, Lionel Bell and Craig

Wahwabsuck. He is very knowledgeable about water and waste water systems. He is also a great asset within our Division. Andrew and Lionel were hired in June on

Wahwabsuck. Craig is our Solid Waste Assistant and started working for the Nation in March.

a contract basis to work under the solid waste program by providing the open dump characterization and assessment forms.

(Read more about the project in the Open Dumps article on page 5)

Good to have all 3 of you guys join our Division!



A waste stream study completed specifically on the PBPB RESERVATION, revealed that on average 73% of residential trash content is actually recyclable materials.



ZERO

This “Zero” has overfilled their container and failed to secure the lid. Their garbage is vulnerable to both the wind and neighborhood pets, and is likely to end up in a neighbor’s yard. Notice also, the cardboard and clothing items that could be recycled.



HERO

This “Hero” has properly secured their trash container with a bungee cord. (Probably only cost them a few bucks). They’ve also avoided an overfilled container. Perhaps, this is because they RECYCLE...?

Air Quality The following is a picture of the new site that will house our newly acquired Beta Attenuation Monitor (BAM), located at the Solid Waste Center. The BAM monitors particles collected on a filter, changes in temperature, pressure, and humidity affect the PM 2.5 measurements on the filter tape; the measurements made through the compensation foil are affected to the same degree. Thus, the foil measurement supplies baseline information to the internal computer that allows the instrument to compensate for environmental effects. By measuring the accumulated mass of particles on the tape and the volumetric flow rate of air through the instrument, the instrument can calculate the mass concentration of particles in the ambient air. We will work to incorporate PM 2.5 monitoring data along with ongoing meteorological station data into the AIRNow network and the Air Quality System (AQS) database.



BUGS, BUGS, BUGS

On March 17 the PBP Boys & Girls Club students experienced sorting and identifying macroinvertebrates in water that was taken from Soldier Creek here on the reservation. Sharon Bosse, Environmental Technician facilitated the outreach project. Over 30 students participated and were amazed at their findings and what was actually in the water. Macroinvertebrates found were: stoneflies, mayflies, gilled snails, damselfly, dragonfly, leeches, lots of larvae and a crayfish (crawdada).

Aquatic macroinvertebrates are found in lakes, streams,

ponds, marshes and puddles and help maintain the health of the water ecosystem by eating bacteria and dead, decaying plants and animals. Overall water quality effects which types of organisms can survive in a body of water. "Water quality" may include the amounts of dissolved oxygen and the levels of algal growth, pollutants which may be present and the pH level. Some macroinvertebrates such as stoneflies, mayflies and water pennies require a high level of dissolved oxygen and their abundance is an indication of good water quality.



Boys & Girls Club Goes Green with Thermal Solar System

On 5-17-09 a 48 panel roof



mounted solar pool water heating system was put into operation for the purpose of heating the indoor swimming pool that is kept at 87 degrees year around. It takes a lot of propane and wear and tear on boiler systems to keep 90,000 gallons of water warm. PBP Construction and Building Maintenance Manager Carl Matousek discovered Greg Hunsicker at McElroy's Inc. in Topeka was solar savvy and a design was put forth that would save the PBP a substantial amount of

money in operating costs by harnessing the power of the sun.

Solar thermal is the collection, storage, and use of heat from sunshine to make hot water. It is one of the most efficient means of using solar energy. Think about how hot your car gets when you park it in the sun – with a solar thermal system, you capture this energy and make it work for you.

There is a huge amount of energy in solar radiation and the 48 panel system installed will provide return on investment in approximately 12 years which is incredible not to mention the right thing to do when it comes to making less of an impact on our environment. We will continue to look for ways that PBP can be good stewards of the environment as we move into the future. We are very proud of this installation and hope that all will see the benefits of utilizing renewable energy sources.



Pictures provided by
McElroy's

Illegal Open Dumps

In order to protect the limited land, air, and water resources of the Reservation from pollution by solid and hazardous wastes and to protect the health, safety, and welfare of all residents of the Reservation and surrounding communities; disposal of solid waste and/or hazardous waste in any open dump is expressly prohibited within the exterior boundaries of the Reservation.

According to the Potawatomi Law and Order Codes an open dump is defined as: Any facility or site at which solid waste or hazardous waste is disposed of in a manner that does not protect the environment, is susceptible to open burning, or is exposed to the elements, vectors, and scavengers, and includes and facility that fails to satisfy standards found in this Code, Tribal regulations, and/or 40 C.F.R. Part 258 (criteria from municipal landfills).

Currently, the Division of Planning & Environmental Protection office is aware of 14 illegal open dumps located on Tribal lands within the Reservation. In efforts to eliminate these 14 open dumps, we have hired 2 contract employees. Andrew Pahmahmie and Lionel Bell will assist our solid waste staff in the clean up. But, before a cleanup effort can occur; the open dump site must be assessed and their contents must be characterized. This then offers information on what types of materials are located at the site, what kind of equipment will be needed, what departments or agencies need to be contacted to help conduct the clean up and the cost that will be associated with cleaning up the site.

Andrew, Lionel and our solid waste staff all have been diligently working hard and will continue to clean up all 14 sites by June 30th. If you are aware of any illegal open dump site located on tribal lands within the reservation boundaries, as well as littering or illegal dumping located at the dumpster site; please contact Erin Hubbard at 966-2946 or at kumos@pbpnation.org.

Pictures of Illegal Open Dumps



Top left: Dumpster site located on N rd. Bottom left: Open dump site Right top: Open Dump site Right bottom: Dumping along the roadside

Prairie Band Potawatomi Nation
Division of Planning & Environmental Protection
15434 K Road
Mayetta, KS 66509
Office: 966-2946
Solid Waste Center: 966-2773
Wastewater Treatment Plant: 966-0111

PRSRT STD
US Postage PAID
Mayetta, KS

REDUCE! REUSE! RECYCLE!

RESIDENT
Rural Route 2
Box Holder
Mayetta, KS 66509

We're on the web!

www.pbpindiantribe.com/epa.aspx

Curing Poison Ivy



If you are unlucky enough to come in contact with poison ivy, here are some natural

remedies to help reduce the itching and pain. Before trying any of these remedies, be sure to first wash the area thoroughly with soap and warm water. Rinse and repeat at least three times to ensure that all of the poison is gone. Urushiol, the substance in poison ivy that makes you itchy, is a sticky oil that is hard to wash away. Make certain to wash all clothes, and anything else that came into contact with the plant, too.

- An old Native American remedy poison ivy calls for a

paste made from the crushed leaves and stems of the Jewelweed plant, also known as "touch-me-not."

- Witch hazel applied to the affected area can soothe the itching
- Cover the rash with a paste made from cold coffee and baking soda. A paste made from water and cornstarch will also work.
- Take a warm bath with oatmeal or Epsom salt. Use about one cup of oatmeal or two cups of Epsom salt in a full bathtub.
- Rub a banana peel or a watermelon rind over the rash and don't rinse it off. Allow it to dry naturally.

- Make a paste from one tablespoon of turmeric with equal parts of lime or lemon juice and apply to the affected area.
- Whip a potato into a paste in your blender. Spread it onto your skin and cover with plastic wrap.
- Rub dishwashing liquid onto skin area and allow it to dry. Reapply as needed.

Apply tea made from burdock



Poison Ivy

root or peach tree leaves. Allow it to cry on the skin, and reapply as often as desired.